



Facial Rejuvenation via Fillers Care Guide

WHAT TO DO BEFORE GOING FOR FILLERS?

Three Days Before Dermal Fillers:

- Avoid exfoliating agents like Retin-A, alpha or beta-hydroxy acids, toners or any irritating creams on the treatment area.
- Discontinue electrolysis, waxing, threading, tweezing, plucking and chemical epilation in the treatment area.
- If you are prone to cold sores, notify the physician, who will prescribe a course of antiviral prophylactic treatment.
- Avoid Vitamin E (includes a multivitamin) and Fish Oil.
- Avoid Ibuprofen or Dispirin.

WHAT TO EXPECT ON DAY OF PROCEDURE?

- Arrive at your appointment with a clean, makeup free face.
- A topical or local anesthetic / analgesic may be indicated to maximize your comfort.
- You may experience some tenderness or stinging at the injection site, immediately following injection.

WHAT TO EXPECT AFTER THE PROCEDURE?

Aftercare Guide:

- Showering and cleansing the skin are allowed following treatment. A gentle cleanser can be used on the treatment area. Apply it to the fingertips with tepid water and use gentle, circular motions on the skin.
- Avoid going to the gym or use of hot tubs / saunas for 24 hours after injection.
- Refrain from applying pressure to the face for up to three days following treatment.

Comfort Measures:

- Brufen, Panadol or Dispirin are appropriate for swelling or discomfort, if needed.
- Antihistamines, like Avil and Softin, may be used for minor itching.

- For up to 48 hours following treatment, cool packs or ice can relieve minor discomfort and reduce swelling and bruising. Ice for a maximum of 20 minutes per hour. After 48 hours, switch to hot packs.
- If tingling, numbness, pain, swelling, redness, blotchiness or bruising exacerbate or any unforeseen symptoms occur, please contact the doctor or clinic immediately.

WHAT CAN I EXPECT IN THE RECOVERY PERIOD?

- With the exception of strenuous exercise, you may return to normal activity immediately following your procedure.
- Avoid extended sun exposure and alcohol consumption for at least 24 hours.
- Most side effects from the treatment should not be cause for alarm. Symptoms are usually minor and should subside in time, as a normal part of the healing process. They may be alleviated with simple over-the-counter measures, as described above.
- It is normal to experience mild tenderness, swelling and bruising for up to a week, particularly around the injection site.
- Depending on the treatment area, you may feel temporary firmness, which will soften and subside after 1-2 weeks.
- Tingling, numbing or pain should subside within 20 minutes after treatment. If these symptoms continue or worsen, contact the doctor or the clinic immediately. Although uncommon, the filler may be sitting on a blood vessel, creating an area whose blood supply could be compromised. Treating it quickly will make it easier to manage.

HOW LONG BEFORE I SEE THE RESULTS & HOW LONG WILL THEY LAST?

- Immediately following the procedure, you will notice a more youthful appearance, including additional volume in the treatment area, a filling out of superficial folds, a plumping of the skin and an improvement of fine lines and wrinkles.
- Your skin will continue to transform, as collagen continues to build in the treatment area.
- Dermal fillers last an average of 6-8 months (based on full correction), depending on their formulation. At your appointment, speak with the doctor, who will advise you when to come in for your next appointment to maintain volumizing results.